

Qor Naas-nuujinta Ilmahaaga iyo Xafaadayaha/ Dhaybarka

Saar calaamad sanduuqa ku aadan quudin ama siin kasta **iyo** xafaayad kasta oo qoyan (kaadi leh) amaxaar leh. Aagaga hadhka leh waxay muujinayaan qadarka ugu yar ee quudin kasta iyo tirada xafaayadda gudaha 24 saacadood. Haddii ilmahaagu aanuu gaadhin qadarada ama tirada ugu yar, wac dhaktharkaaga ama bixiyahaaga daryeel caafimaad.

Taariikh dhalasho

Wakhtiga la bilaabay

1 maalin jira

Wakhtiga la bilaabay

2 maalin jira

Wakhtiga la bilaabay

3 maalin jira

Wakhtiga la bilaabay

4 maalin iira

Wakhtiga la bilaabay

5 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

6 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

7 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

8 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

9 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

10 maalin jira**Wakhtiga la bilaabay**

Quudin											
Xafaayad qoyan											
Xafaayad xaar leh											

Chart Your Baby's Breastfeedings and Diapers

Place a check in the box for each feeding and wet or soiled diaper. Shaded areas show the minimum for each feeding and diaper in 24 hours. If your baby is not meeting the minimums, call your health care provider.

Day of birth

Time started

Feeding (review with nurse)												
Wet diaper and soiled diaper (expect one each by 24 hours)												

1 day old

Time started

Feeding												
Wet diaper												
Soiled diaper												

2 days old

Time started

Feeding												
Wet diaper												
Soiled diaper												

3 days old

Time started

Feeding												
Wet diaper												
Soiled diaper												

4 days old

Time started

Feeding												
Wet diaper												
Soiled diaper												

5 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

6 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

7 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

8 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

9 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											

10 days old**Time started**

Feeding											
Wet diaper											
Soiled diaper											